

GOOD-BYE TO THE LUNCH TIME BLUES

Don't let "lunch bag letdown" hit you again! A little creative planning makes lunch a break to look forward to. With a large variety of foods available you can dream up a different menu for each day by choosing foods from each of the four food groups. Some easy to pack foods from the four groups are shown:

- Milk-homogenized, skim, two per cent, cocoa made with milk, flavoured milk
- Cream soup diluted with milk
- Cheese
- Yoghurt
- Milk pudding, custard

- Enriched white, rye, brown, cracked wheat, oatmeal, french or fruit bread
- Crusty rolls, bagel
- Crackers, melba toast
- Bran or cornmeal muffins

- Cold cuts
- Prepared meats
- Tuna or salmon
- Eggs
- Peanut butter
- Cheese
- Bean salad
- Nuts

- Fresh fruit
- Dried fruit-raisins, dates, prunes
- Raw—carrots, turnip, celery, green peppers, green onions, cauliflower, radishes, cucumber, tomatoes
- Tossed green salad
- Cole slaw
- Potato salad

LUNCH ON THE RUN

Your lifestyle will determine your lunch breakdown. Consider these suggestions for breaking your lunch down into a midmorning and midafternoon snack.

Midmorning

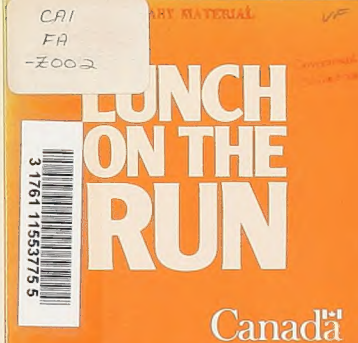
½ sandwich Yoghurt	½ sandwich Orange Celery sticks
Milk Bran Muffin Grapes	Cole slaw Cheese Crackers
Cottage cheese Peach slices	Chicken leg Carrot sticks Rye bread
Tossed greens Cheese	Milk Oatmeal muffin Apple

Midafternoon

Keep These Points in Mind:

- Choose a variety of foods from the four food groups
- Fresh milk is refreshing
- Remember to include whole grain and enriched breads and cereals
- Fresh fruits are convenient—and what could be easier?
- Fresh vegetables add a crunch to your lunch
- Lunch skimpers are dinner overeaters
- A bag lunch saves you money

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Government of Canada
Fitness and Amateur Sport

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FOOD AND FITNESS

Food and physical activity go hand in hand. Following the basic rules of good nutrition as well as sound principles of exercise will help you achieve and enjoy a high level of fitness and health. We see very few truly fit bodies that have been refueled on junk foods. The theory that 'we are what we eat' may indeed have a grain of truth in it.

Eating on the run may be part of your everyday life. Don't despair! Your foodstyle can still be fit if you simply take the time to plan ahead.



1 Large submarine sandwich (780 calories) = 1 hour moderately vigorous cross-country skiing.

FOUR FOOD GROUPS

Variety is the key to good nutrition. There is no one 'Miracle' food which provides us with all the essential nutrients our bodies require to function efficiently. Following Canada's Food Guide will help you adequately meet your daily nutrient needs.

Remember to select from each of the following four food groups at every meal:

MILK AND MILK PRODUCTS	MEAT AND ALTERNATIVES
FRUITS AND VEGETABLES	BREAD AND CEREALS

FOOD AND YOUR LIFESTYLE

Pattern your meals to suit your lifestyle. Three meals a day is not a hard and fast rule. You may want to consume five or six mini-meals over the day. The pattern that suits you best, however, must include the essential nutrients your body needs. You may say... "When I skip a meal I can make this up with a vitamin pill". Don't kid yourself! Taking vitamin and mineral supplements will not make up for poor eating habits. Supplements cannot provide the forty or more nutrients your body requires daily. In addition to that, what a dull and expensive way to nourish yourself!

START THE DAY OFF RIGHT

Eating food at the right time during the day is an important part of your foodstyle. Breakfast starts you off on the right foot. People who eat a good breakfast are likely to maintain a higher level of alertness and productivity in the morning and feel less fatigued throughout the day.



LUNCH ON THE RUN

Your noon hour meal should be something to look forward to. Lunch doesn't have to be a one-meal affair in which you are faced with the same old sandwich day after day. Your circumstances, such as a noon hour exercise break, may require you to spread your caloric intake from the usual one meal to several nutritious snacks.

Get the most out of your lunch hour activity. Have a light nutritious snack approximately one hour before working out. This will provide that burst of energy for your activity. It will also be easier to concentrate and enjoy exercise without experiencing sensations of hunger and weakness. Another light snack may then follow your exercise period.



Too often, today, the evening meal is the largest one. It is important not to overeat at this meal especially if the food energy will not be expended.

EXERCISE AND WEIGHT CONTROL

Whether or not you are trying to adjust your body weight, it is important not to skip meals, in particular breakfast or lunch. Attempting to lose weight in this fashion is ineffective as there is a tendency to overeat at the next meal. Gradually increasing activity levels and decreasing caloric intake is the best way to shed some of the excess weight you are carrying around.

Don't assume that all weight lost from dieting is a fat loss. Twenty-five percent of weight lost from dieting alone is valuable lean tissue. This is undesirable. Weight lost from a combination of diet and exercise, however, is predominantly fat with little or no lean valuable tissue loss. And don't worry...moderate exercise will not increase your appetite. On the contrary, it will help to curb it!

In planning your daily food pattern a good rule of thumb to follow is:

Breakfast like a king, lunch like a queen, dine like a pauper.